

HEALTH.

Food, its Quantity and Quality.

The connection between life and nutrition is so close and inseparable...

We are readily able to judge of the quantity and quality of nourishment supplied...

In man the effect of over-eating or under-eating is not so observable...

The physician should be as careful in regard to the treatment of over-fed and under-fed patients...

The best test of the mother's milk is the fact that the child thrives or does not thrive...

Notes.

Goethe says "man is what he eats." Of the adult men living in cities one-half are estimated to be bald.

It is claimed that the popular drink of the future will be milk charged with carbonic acid gas. Milk so charged keeps well.

The early appearance of the cholera this year in so many scattered and distant parts of Italy is of bad omen...

Statistics tell us that of one thousand children born one hundred and fifty die within twelve months.

The British Medical Journal "Infallible" says: "The best remedy for worms is a powder, containing from three to five grains of santidine, according to age..."

BURNS AND SCALDS.—Cover the injured

part with a cloth soaked in oil, and over this place some cotton wool...

LATE DOMINION NEWS.

Lobsters are selling in Charlottetown, P. E. I., at four to eight cents each.

A school for the blind was opened the other day at Halifax, N. S.

Young women smoking cigars attended a circus at Charlottetown, P. E. I., recently.

Mr. Stewart Cumberland has been "mind-reading" at Halifax, N. S., to somewhat small houses.

Mr. John Hill, of West Garafraza, has two lambs of the Shropshire breed which weighed 125 pounds each when four and a half months old.

A two year old child of F. X. Beule, of Weldon, Que., a few days ago was found dead in a barrel which had been sunk into a spring of water.

Mr. John T. Rowe, of Charlottetown, P. E. I., exhibits a cucumber weighing five pounds two ounces, and measuring two feet four inches in circumference.

Diphtheria is said to be making sad havoc among the children around Mira Gut, and that it has also broken out near Oub Bay and Bridgeport, Nova Scotia.

The first liquid fish glue ever manufactured on Canadian territory was sent by a recent steamer by Messrs. Chase & Co., of St. John, N. B., to London, England.

Sharks are said to be quite numerous off Tracadie. A fisherman caught one there the other day, in about 17 fathoms of water, which measured over five feet in length.

A bear, weighing upwards of 350 lbs., was killed the other day near South Mountain, N. S. Bears are now somewhat numerous in the vicinities of Yarmouth and Grand Pre.

Two Lunenburg schooners passed through the Strait the other day on their way home from Labrador. They report the Labrador cod fishery a total failure...

Col. Gieder, the Arctic explorer, has a personal knowledge of the Hudson's Straits, and he is firmly convinced that they are navigable even by sailing vessels during a considerable portion of the year.

Joseph Manders died at Grey Nunnery, at Montreal, on Friday last, aged 106 years, 4 months, and 17 days.

Masked men entered the house of Mr. John Wright at the Barter Settlement, N. B., last week, and presenting a revolver at the head of Mr. and Mrs. Wright compelled them to hand over \$1,000 in American and English gold...

On the last inst. son of H. Haddock, a farmer near Montreal, was accidentally thrown from a horse that he was hurriedly riding, striking the back part of his head against a jagged rock, making an ugly wound and severely fracturing the skull.

A Gaspe correspondent writes of the Island of Anticosti: "The Island is a terrible place for emigrants to settle on, where hardship and hunger are sure to accompany them."

Tens of thousands of blackbirds, flying in one flock in a south-easterly direction from Wardsville, was a sight not often witnessed which happened one day recently.

Fishermen tending nets in the vicinity of Cape Sable have been much annoyed lately by sharks constantly swimming around their boats and devouring the dead herring which happened to drop out of the meshes.

A remarkable instance of presence of mind was displayed by a gentleman in Hull the other night, and which, although imperiling himself, in all probability prevented another widespread and disastrous conflagration.

A young woman in a country town in France was hurrying home during a thunder storm, shielding herself with an umbrella, when she suddenly experienced a strange and alarming sensation...

The young man of the party, a middle-aged woman, named Mrs. J. C. High, left her seat and ran to the wife's assistance, and seized the excited young man and held him to be seated.

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YOUNG FOLKS.

Told for Ida.

Once upon a time there lived a princess. She was a very pretty little girl, with eyes as blue as the violets that grew by the meadowbank, and cheeks as pink as wild roses...

—Pro-cras-ti-nation.

"In a minute, mamma."

"Oh yes, mamma, as soon as I finish this chapter."

"What can I do?" sighed the queen, to her trusty counsellor.

"Teach her a lesson, your Majesty," said the trusty counsellor, gruffly.

And one day the queen remembered her trusty counsellor's words.

—Mamma, the queen, was reading a book, and she hardly raised her eyes from it, but answered, with a smile.

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MADDENED BY NIAGARA.

The Turmoil of the Rapids Turas a Man's Brain.

"I have not the least doubt," said an eminent physician at a recent medical convention, "that at least one out of every ten of the people in this country live under some form of insanity."

There have been some curious cases of this last species of insanity. Some seven or eight years ago a well-known public official of the State of Ohio visited Niagara Falls with his family for a month's rest.

The gentleman did not realize that his nerves were at all shaken; on the contrary, he prided himself in believing that he could endure more mental worry than three ordinary men.

One day after dinner the pair went into Prospect Park and sat down on a bench facing the rapids, and not over five feet from the water.

"Blank, you are a d—d scoundrel, and I'm going to send you over the falls!"

"I knew I'm a bad man, and you must give me time to pray."

"All right, all right," said the Ohioan: "you shall have two minutes for prayers, and then we'll go over the falls together."

The idea with the Chicago man was, of course, to gain time. The people who had been attracted by the loud talk had passed on, and it so happened that no one else came that way.

"By George! Good idea; come on!" exclaimed the other, and they walked up the path and out of the park arm in arm.

"I shall keep away from the water hereafter," he said to the capitalist, "I couldn't stay there five minutes without committing suicide or murder."

The matter was of course kept quiet, even from his wife, but two years later, while the gentleman was making a trip on the Ohio River he was suddenly missed, and he has never been heard of since.

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TWO BALLOON ESCAPES.

An Hour's Ride that Turned a Man White—Going by the Ballon.

In a talk with someone who has read several interesting accounts of men who have been sent skyward in balloons...

There was a large crowd on the bank, and a man who called Big Smith was the last of the crowd to be seen.

"Several years after that in another balloon was being inflated. After it was hot air he crawled over the edge of the basket and another man got in...

While on his Wedding Tour he was Crazy and Leaps to his Death.

An exciting scene was witnessed on midnight express train while running at high rate of speed on the Lebanon Railroad, ten miles from Reading...

"I'm tired of riding."

His beautiful young wife beside him pressed him by the coat and said: "Sit up, we'll soon be at Reading."

"Not a bit of it, Gusie," he replied, "I'm going no further; see the light at the top of my nose."

He then made a hasty move toward the door of the car, when his wife seized him by the coat and implored him to sit down.

Another lady of the party, a middle-aged woman, named Mrs. J. C. High, left her seat and ran to the wife's assistance, and seized the excited young man and held him to be seated.

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The objection to most fish stocks in that the fish are weighed in their own scales.